



# March

# 2024

# PATIENCE

**Waiting can be hard, but I will try,  
With patience, I'll spread my wings and fly.  
I'll take a breath, stay calm and steady,  
Knowing that waiting makes me ready.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					I will take my time and not rush through things.	I matter.
3	4	5	6	7	8	9
I will give others the time they need.	I will breathe deeply to find serenity.	I trust that everything happens in its own perfect time.	I will try to be patient and resilient in the face of obstacles.	I remind myself that good things come to those who wait.	I let go of the need for immediate answers.	I accept that some things require time and cannot be rushed.
10	11	12	13	14	15	16
I believe good things come to those who wait.	I will take breaks that allow me to recharge and regain clarity.	I acknowledge my progress and growth.	I am fully engaged in each moment.	I stay positive and believe that things will work out in their own time.	I remind myself that rushing won't make things happen faster.	I focus on what I can control and let go of what I can't.
17	18	19	20	21	22	23
I understand that waiting can teach me valuable lessons.	I should take time to think and reflect.	I find ways to stay busy and productive while waiting.	I trust that my dreams will come true.	I celebrate small victories and progress along the way.	I believe being patient shows strength and self-control.	I use the time to learn and grow, becoming a better person.
24	25	26	27	28	29	30
I understand that everyone has their own pace and timing.	I choose to stay patient and avoid getting frustrated.	I use the time to prepare and be ready for what's to come.	I stay positive and focus on the progress I'm making.	I use the time to learn new things and develop new skills.	I appreciate the lessons that come with the waiting process.	I find ways to stay positive and keep a smile on my face while waiting.
31						
I stay calm and focused even when things don't go as planned.						

Patience is the ability to wait calmly and not get frustrated or upset when things don't happen as quickly as we would like them to. It's like having a calm and steady attitude towards challenges and difficulties. When we are patient, we don't give up easily or get angry when things don't go our way. Instead, we stay positive and keep trying, even if it takes a long time to achieve our goals. Patience is an important skill because it helps us to stay calm, focused, and determined, even when faced with obstacles.